

USDA INFANT MEAL PATTERN FOR CHILD NUTRITION PROGRAMS*

	<i>Birth through three months</i>	<i>Ages four through seven months</i>	<i>Ages eight through eleven months</i>
BREAKFAST	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ^{1,4}	• 4 to 8 fl oz breast milk ^{1,2,3} or formula ^{1,4} • 0 to 3 Tbsp infant cereal ^{4,5}	• 6 to 8 fl oz breast milk ^{1,2,3} or formula ^{1,4} • 2 to 4 Tbsp infant cereal ⁴ • 1 to 4 Tbsp fruit and/or vegetable
LUNCH OR SUPPER	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ^{1,4}	• 4 to 8 fl oz breast milk ^{1,2,3} or formula ^{1,4} • 0 to 3 Tbsp infant cereal ^{4,5} • 0 to 3 Tbsp fruit and/or vegetable ⁵	• 6 to 8 fl oz breast milk ^{1,2,3} or formula ^{1,4} • 2 to 4 Tbsp infant cereal ⁴ and/or 1 to 4 Tbsp lean meat, fish, poultry, egg yolk, cooked dry beans or peas or ½ to 2 oz cheese or 1 to 4 oz (volume) cottage cheese or 1 to 4 oz (weight) cheese food or cheese spread • 1 to 4 Tbsp fruit and/or vegetable
AM OR PM SNACK	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ^{1,4}	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ^{1,4}	• 2 to 4 fl oz breast milk ^{1,2,3} , formula ^{1,4} , or fruit juice ⁶ • 0 to ½ slice of bread ^{5,7} or 0 to 2 crackers ^{5,7}

¹ Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

² For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

³ Only the infant's mother can provide breast milk.

⁴ Infant formula and dry infant cereal must be iron fortified.

⁵ A serving of this component is required only when the infant is developmentally ready to accept it.

⁶ Fruit juice must be full strength (100% juice) and offered from a cup, not a bottle, to prevent tooth decay.

⁷ Must be made from whole grain or enriched meal or flour.

*Child and Adult Care Food Program

- **Child Care Center and Day Care Home Sponsors** may claim reimbursement for up to two meals and one snack **or** two snacks and one meal per infant per day.
- **Homeless Shelter Sponsors** may claim reimbursement for up to three meals **or** two meals and one snack per infant per day.

***National School Lunch Program Sponsors** may claim reimbursement for one lunch meal per infant per day. One snack may be claimed per infant per day if the sponsor is enrolled in and the infant participates in an after school care program.

***School Breakfast Program Sponsors** may claim reimbursement for one breakfast meal per infant per day.

***Summer Food Service Program Sponsors** may claim reimbursement for up to two meals per infant per day at open or enrolled sites. The meals may consist of either one lunch and one breakfast **or** one lunch and one snack. Migrant sites may serve up to three meals per infant per day **or** two meals and one snack per infant per day.